

# THEY'RE CALLED ESSENTIAL FOR A REASON.

Milk's nine essential nutrients can help kids and teens grow healthy and strong.

**Potassium** as one small banana



**Protein** as 1½ medium eggs



**Riboflavin** as ⅓ cup of whole almonds



**Vitamin A** as ¾ cup of broccoli



**Niacin** as 20 cherry tomatoes



AN 8-OUNCE SERVING OF MILK, FLAVORED OR NOT, GIVES KIDS AS MUCH...

**Vitamin D** as ¾ ounce of cooked salmon



**Calcium** as 10 cups of raw spinach



**Vitamin B-12** as 4 ounces of cooked turkey



**Phosphorus** as 1 cup of canned kidney beans



## THE 9 ESSENTIAL NUTRIENTS